**EVENT SCHEDULE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>SUNDAY, 17 FEBRUARY 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASSEMBLY AREA</td>
<td>PACIFIC RIM (near The Levels Condo) FILINVEST CITY, Alabang</td>
</tr>
<tr>
<td>ASSEMBLY TIME</td>
<td>11:00 PM, 16 Feb 2019</td>
</tr>
<tr>
<td>RACE START</td>
<td>12:00 AM, 17 Feb 2019</td>
</tr>
<tr>
<td>WEBSITE</td>
<td>tbrdream.com thebullrunner.com</td>
</tr>
<tr>
<td>FOR INQUIRIES</td>
<td>Contact TBR Dream Marathon Hotline Look for MACEL at 0906-318-2723 or email <a href="mailto:tbrdream@gmail.com">tbrdream@gmail.com</a></td>
</tr>
</tbody>
</table>

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Those who helped us make your dreams come true

TITLE SPONSOR

Sun Life

GOWELL
OUR SPONSORS
Those who helped us make your dreams come true

PRESENTERS

GATORADE

ACTIVEHEALTH

OFFICIAL VENUE PARTNER

FILINVEST CITY
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GARMIN

OFFICIAL ENERGY GEL
HMR

OFFICIAL LABORATORY PARTNER
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PHOTO-OPS

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RUNNR
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SECOND WIND
simple HYDRATION
Sun Made

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RaceDay
SwimBikeRun.PH

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CRIMSON

HOTEL PARTNERS
ACACIA

BENEFICIARY
HERO FOUNDATION, INC

RUNNERS’ HANDBOOK
Sun Life
GOWELL

THE BULL RUNNER
DREAM MARATHON 2019
10TH ANNIVERSARY
WEDNESDAY, FEBRUARY 6, 2019 | SEND OFF PARTY

EVENT: TBR Sun Life Dream Marathon 2019 Send Off Party
DATE: 6 Feb 2019, Wednesday
PLACE: JY CAMPOS HALLS A & B, Unilab Bayanihan Center
8008 Pioneer St. Brgy. Capitolyo, Pasig
TIME: 7:00 to 9:30 PM
You may come in as early as 6:00PM to redeem your race kit
HOSTS: Tessa Prieto-Valdes and Ton Gatmaitan (TBR Dream Alum, 2011)

WHAT TO EXPECT
• Loads of information, lots of fun!
• RACE KIT REDEMPTION for Runners & Pacers
• Cocktails
• Race Briefing
• Games and raffle prizes
  GRAND PRIZES: Two (2) Garmin Forerunner 35
• Hanging out with your batch mates before the big day!

WHO CAN COME
• Strictly registered participants of TBR Sun Life Dream Marathon 2019
• Accepted Pacers for TBR Sun Life Dream Marathon 2019
• Invited guests and VIPS

DON’T FORGET!
Bring your medical certificate to claim your Race Kit.
NO MED CERT.
NO RACE KIT.
NO EXCEPTIONS.
SATURDAY, FEBRUARY 16, 2019

2PM to 5PM, 10PM to 12MN
Race kits may still be claimed at DREAM MARATHON INFO BOOTH Pacific Rim, Filinvest City

11:00 PM
Assembly

SUNDAY, FEBRUARY 17, 2019 | RACE DAY

12:00 MN
RACE START
* Make sure you check in at the assembly area

8:00 AM
RACE END

REMINDEERS FOR RACE DAY:

• Wear a very light shirt and shorts and/or compression tights.
• You may wear a long sleeved top if you expect to feel chilly before sunrise, but should you choose to remove this at any point during the race and leave it at a tent, the organizer will not be responsible for any loss.
• Wear a visor or cap, bring shades, and apply sunblock.
• Hydrate properly. Take small sips instead of big gulps.
• If, at any point during the race, you feel dizziness, pain, or any major discomfort, approach a medic, marshal, or Dream Chaser for immediate assistance.
 Aside from the WELCOME KIT runners received upon registration, a RACE KIT containing your race bib, course map, and other important information for race day will be distributed. Runners may claim the race kits at the following:

1) TBR SUN LIFE DREAM SEND OFF PARTY
During the TBR Sun Life Dream Send Off Party, all registered participants and accepted Personal Pacers may claim the race kits.
- EVENT: TBR Sun Life Dream Marathon 2019 Send Off Party
- DATE: 6 February 2019, Wednesday
- PLACE: JY Campos Halls A & B, Unilab Bayanihan Center, 8008 Pioneer St., Brgy. Capitoloya, Pasig
- TIME: 7:00 to 9:30PM (You may come as early as 6PM to redeem your race kit)

2) NEW BALANCE BONIFACIO HIGH STREET
Feb. 8 to 15, 12NN to 9PM
Feb. 15 only until 12NN

3) DREAM MARATHON INFO BOOTH PACIFIC RIM (near Levels Condo), FILINVEST CITY
Feb. 16, Sat, 2PM-5PM, 10PM-12MN

FAQ:

WHAT DOES THE RUNNER NEED TO REDEEM THE RACE KIT?
Just your Medical Certificate. All participants are required to submit a medical certificate. We will strictly implement the No Medical Certificate, No Race Kit rule.

CAN A REPRESENTATIVE CLAIM THE RUNNER’S RACE KIT?
You may send an authorized representative to claim your race kit. Please send the following:
- Letter of Authorization
- Photocopy of your valid ID
- Your Medical Certificate
- Signed Waiver if not submitted yet

NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry.

WHAT DOES THE PACER NEED TO REDEEM THE RACE KIT?
- P1,500 fee and the signed Waiver.
- Pacer’s name must be on the Official List of accepted Pacers. List is on www.tbrdream.com

CAN A REPRESENTATIVE CLAIM THE PACER’S RACE KIT?
- You may send an authorized representative to claim your race kit. Please send the following:
  - P1,500 fee
  - Signed Waiver

NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry.
• **FIRST- OR 2ND-TIME MARATHONERS ONLY:**
  DM is strictly for first- and second-time marathoners only. Running more than one official marathon anytime prior to race day (even the last week before the race) leads to automatic disqualification. Runners who have completed an official ultramarathon (above 42km) or an official full Ironman distance triathlon anytime prior to race day are prohibited from joining the race. We expect full transparency and honesty from each participant upon registering for the event. Any participant who fails to comply with this rule will be disqualified and/or removed from official results should proof arise before or after event day. No refund will be given.

• **COMPLIANCE:** Participants are required to follow instructions from all event officials including organizers, race marshals, volunteers, medical staff, and security personnel during the event. Any participant who refuses to follow race officials may be disqualified.

• **CONDUCT:** Participants should conduct themselves in a respectable and courteous manner during the event. A participant who is offensive to organizers, staff, volunteers, participants or spectators may be disqualified from the event.

• **AUTHORIZATION ON COURSE:** Only registered participants, registered pacers, registered Dream Chasers, and authorized event staff are allowed on the course. No person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without permission from the organizer, to receive assistance from anyone during the event. Any person without authorization will be asked to leave the course. Any participant who received support from unauthorized personnel may be disqualified.

• **RACE BIB:** Participants must pin the race bib visibly on the shirt. The personalized race bib will allow for spectators and Dream Chasers to call you by name.

• **TIMING DEVICE:** Official time will be based on an RFID Timing Chip attached to the race bib enclosed in the Race Kit. The timing chip must be secured by the participant to the laces of his/her shoe. Failure to attach the chip will mean no official results.

• **BAGGAGE:** Runners are advised to leave valuables at home. The race organizer will not be responsible for any lost items in the parking or race area. There will be a baggage counter at the GoWell Dream Village.

• **PARKING:** 24-hour parking is available at West Gate and Filinvest Tent. Parking at Commercenter is open from 5am to 12mn.

• **COURSE:** The Official Course map is provided in this Race Kit and online at www.tbdrdream.com. Organizers reserve the right to change
the course anytime before the race and will advise runners of any changes. Runners are responsible for familiarizing themselves with the course.

**AUTHORIZATION ON COURSE:** Only registered participants, registered pacers, registered Dream Chasers, and authorized event staff are allowed on the course. No person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without permission from the organizer, to receive assistance from anyone during the event. Any person without authorization will be asked to leave the course. Any participant who receives support from unauthorized personnel may be disqualified.

**HYDRATION:** Water and Gatorade stations will be provided every 1.5km to 2.5km.

**PUMPED UP STATIONS:** There will be two “Pumped Up Stations” along the route with Hammer gel, sponges, ice, bananas, chocolates, petroleum jelly, muscle spray along with water and Gatorade.

**MEDICAL AID:** Medical aid will be available at the Start / Finish area and along the course (see course map.) Aid stations with a Medic will be available at every other hydration station providing basic First Aid. Runners who feel ill or any kind of discomfort are advised to stop and get medical assistance immediately.

**PORTALETs:** Portalets will be available at the Start / Finish area and designated areas of the race course. (See Course Map)

**DREAM CHASERS:** Four (4) Dream Chaser Stations will be available along the route. Dream Chasers, experienced runners/volunteers, will cheer, support, and run a few kilometers with runners who request.

**ENTERTAINMENT:** A live band and a mobile will be playing at certain periods and in specific areas of the course (see course map). The band will also perform at the Dream Village.

**TRASH BAGS:** Help keep the environment clean. Trash bags will be available at water stations for proper disposal of cups.

**PHOTOS:** Photos of runners will be taken during the race, upon crossing the finish line, and after the finish line by Photo Ops.
will be available online a week after the race.

- **MEDALS:** At TBR Sun Life Dream Marathon, every finisher is a winner. Medals will be awarded to each finisher. There will be no prizes for top finishers.

- **FINISHERS’ SHIRTS:** Finishers’ shirts will be given to Finishers at the GoWell Dream Village. Shirt sizes are subject to availability. Non-finishing participants will not be allowed to claim Finishers’ shirts.

- **SWAG BAGS:** Swag bags will be given to all Finishers. Non-finishing participants will be allowed to claim swag bags only on event day.

- **FOOD:** Free breakfast with Sun Made Brown Rice will be provided to Finishers and pacers at the GoWell Dream Village.

- **CANCELLATION POLICY:** After registration, the organizer will not allow refunds for those who do not eventually participate in TBR Sun Life Dream Marathon for any reasons whatsoever. Registration fee is NON-REFUNDABLE and NON-TRANSFERABLE.

- **SUBSTITUTION POLICY:** After registration, the organizer will not allow for the use of the race bib by a runner other than the registered participant. A runner caught using a race bib on event day under a different name will be disqualified and will not be included in the official results.

- **CERTIFICATES:** Certificates will be emailed to all finishers one month after the race. Runners who fail to receive the emailed certificate may follow up until March 30, 2019 only. Should you fail to receive yours, please email tbrdream@gmail.com.

- **WEATHER:** The event takes place rain or shine.

- **MISCELLANEOUS:** The organizer reserves the right to change Rules and Regulations at any time without prior notice to the participants.

**FINISHING TIME:** We will be strictly implementing a beginner-friendly race cut off time to ensure the safety of our runners. The organizer reserves the right to pull athletes from the course, at any time, for their own safety. Cut off time is 4 hours from gun start for 21km mark and 8 hours from gun start for 42km. This will be strictly implemented.
Did you know?

> There are more women than men in your batch! We’re guessing the men are thrilled about this! lol

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>46%</td>
</tr>
<tr>
<td>Female</td>
<td>54%</td>
</tr>
</tbody>
</table>

> Majority have been running for 1 to 3 years...

<table>
<thead>
<tr>
<th>Duration</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 6 months</td>
<td>16%</td>
</tr>
<tr>
<td>7 months to 1 yr</td>
<td>18%</td>
</tr>
<tr>
<td>1 to 3 yrs</td>
<td>39%</td>
</tr>
<tr>
<td>3 to 5 yrs</td>
<td>16%</td>
</tr>
<tr>
<td>5 yrs and above</td>
<td>11%</td>
</tr>
</tbody>
</table>

> Most of you are in your 30s!

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-29</td>
<td>35.5%</td>
</tr>
<tr>
<td>30-39</td>
<td>45%</td>
</tr>
<tr>
<td>40-49</td>
<td>16%</td>
</tr>
<tr>
<td>50-59</td>
<td>3%</td>
</tr>
<tr>
<td>Above 60</td>
<td>0.5%</td>
</tr>
</tbody>
</table>

> Most of you will run into your families’ arms upon crossing the finish line! Sweet!

<table>
<thead>
<tr>
<th>Relation</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends/Running Buddies</td>
<td>25%</td>
</tr>
<tr>
<td>Family/Spouse/Kids/Parents/Siblings</td>
<td>65%</td>
</tr>
<tr>
<td>Just Myself</td>
<td>10%</td>
</tr>
</tbody>
</table>
**RACE ITEMS: DREAMERS**

**RACE BIB & TIMING CHIP**

Detach the RFID timing chip from your race bib and attach to the laces of your shoe. Failure to attach the chip will mean no official results.

**TBR WRISTBAND**

- to be distributed on race day at check in in the assembly area along Pacific Rim
- runner to secure on his/her wrist for visibility and safety
- runners may keep this after the race

View the back of your race bib for directions on how to attach the RFID timing chip
FINISHERS’ SHIRT

* May be claimed only by participants who finish the marathon.
* Items may only be claimed on race day.
RACE ITEMS: DREAMERS

MEDAL

* May be claimed only by participants who finish the marathon.
* Items may only be claimed on race day.
TBR DREAM SUN LIFE SWAG BAG

*This item may be claimed by all registered participants of the race. Item may only be claimed during the event.*
For runners with Pacers, please advise your Pacers that they may claim the Pacer’s Token at the Finisher’s Kit booths at the GoWell Dream Village.
* Pacer must present his / her Pacer bib upon claiming.
The event is made possible by hundreds of staff working to ensure you have a safe and fun experience. Be sure to thank them for their help and support if you see them along the way!
You may download a PDF file of the course map on www.tbrdream.com
GOWELL DREAM VILLAGE

TENT LEGEND:
1. TBR Info Booth
2. Finisher's Shirt
3. Finisher's kit
4. Gatorade
5. Baggage Counter
6. Changing Tent (F)
7. Changing Tent (M)
8. Breakfast Buffet
10. Sun Made Brown Rice
11. Garmin
12. Toby’s & RUNNR
13. Pinoy Fitness
14. SBR
15. Peakform
16. Tech booth
17. Hi Precision Diagnostics
18. Crimson Hotel
19. Filinvest City
20. Hammer Nutrition
21. Active Health
22. Sun Life - Go Well
DREAM CHASERS are runners, mostly composed of TBR Dream Alumni, who volunteer to pace, motivate, and support the TBR Dream Runners during the race as an act of “paying it forward” to first-time marathoners and to the rest of the running community. This is a unique feature of TBR Dream Marathon.

There will be four (4) Dream Chaser stations along the route.

**SCOPE OF RESPONSIBILITIES OF A DREAM CHASER:**

1. From the assigned Station to the next, run with a random group of TBR Dream participants or a particular participant with an apparent need to be paced.
2. Provide creative and positive means of motivation, encouragement, and enthusiasm that will buoy the will of TBR Dream participants during the race.
3. Assist in providing hydration to any participant in need.
4. Alert the Medical team and Course Manager of any participant needing outright medical / first aid attention.

<table>
<thead>
<tr>
<th>TENT 1: GOWELL</th>
<th>TENT 2</th>
<th>TENT 3</th>
<th>TENT 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jonathan David</td>
<td>Joseph Nebrida</td>
<td>Joshua Felix S. Tadena</td>
<td>Jerome Evangelista</td>
</tr>
<tr>
<td>Abigail Diana G. Paco</td>
<td>Arni T. Ara</td>
<td>Analize B. Que</td>
<td>Aaron Valintin</td>
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<tr>
<td>Adel Torres</td>
<td>Arthur G. Villasenor</td>
<td>Brandy Simbe</td>
<td>Abegail Par</td>
</tr>
<tr>
<td>Allan Lim</td>
<td>Criselda del Rosario</td>
<td>Gabriel Antonio Robeniol</td>
<td>Bridgette Javier</td>
</tr>
<tr>
<td>Cindy May Sang-an</td>
<td>Doc Gene Tiongco</td>
<td>Jerry Dolosa</td>
<td>Dennis Ong</td>
</tr>
<tr>
<td>Decerel Mendoza</td>
<td>Ella Aparicio</td>
<td>Jessie T Dolosa</td>
<td>Erwin Emertio L. Isla</td>
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<tr>
<td>Gamaliel G Tayao</td>
<td>Gomer Pascua</td>
<td>Josephine Amoguis</td>
<td>Janine Cecilia A. Alcantara</td>
</tr>
<tr>
<td>Geraldine Abuam</td>
<td>Hyacinth Dadap</td>
<td>Junmar Flores Que</td>
<td>Jennifer Rosales</td>
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<tr>
<td>Jacqueline Ann C. Santos</td>
<td>Jasper Ignacio</td>
<td>Maria Stella Paz E. Male</td>
<td>Johnson Lontok</td>
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<tr>
<td>Jeramimne Paul C. Santos</td>
<td>Jerome Marius de Castro</td>
<td>Mark Dennis Perido</td>
<td>Jun Ealdama</td>
</tr>
<tr>
<td>Joy Olingay</td>
<td>John Paul V. Buhein</td>
<td>Marvin Baldemor</td>
<td>Leonora Ealdama</td>
</tr>
<tr>
<td>Lanie Bhel Narsoles</td>
<td>Jose Mascardo</td>
<td>Phoebus Emmanuel A. Pascua</td>
<td>Marriz Agbon</td>
</tr>
<tr>
<td>Nelson Val Caro Jr.</td>
<td>Joselito Rosales</td>
<td>Rafael T. Fragante III</td>
<td>Mary Ann P. Antonio</td>
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<tr>
<td>Odily Cacho</td>
<td>Ma Antonette Amigo</td>
<td>Ramon Bautista</td>
<td>Meliza Atienza</td>
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<tr>
<td>Patricia Miguela Alpay</td>
<td>Maria Carlota M. Leyva</td>
<td>Rene Villafuerte</td>
<td>Pauline De Castro Janiola</td>
</tr>
<tr>
<td>Petronilo Abuan Jr</td>
<td>Maria Eda I. Maningat</td>
<td>Restie Male</td>
<td>Ramir U. Monroy</td>
</tr>
<tr>
<td>Rachell Mandar</td>
<td>Rhina V. Sison</td>
<td>Soraya Maria Christina A. Santos</td>
<td>Robert Ocampo</td>
</tr>
<tr>
<td>Lester Castillo</td>
<td>Roidan Luzara</td>
<td></td>
<td>Sherlene Solatorio</td>
</tr>
</tbody>
</table>

* TEAM LEADER: Name in red
1 Get good quality sleep on Wednesday, Thursday and Friday night before the marathon. You won’t get much sleep on Saturday but it won’t affect your run if you are well-rested before the weekend.

2 For your first marathon (and the same could be said for your future marathons, as well), what’s important is not how you start but how you finish. So watch your pace very closely during the first 10K. Stick to your plan and take more walk breaks if you find yourself going out too fast. Aim to finish with gas left in your tank.

3 Remember your nutrition plan. Don’t get carried away and neglect your need to consume calories during the race. Most runners get by on 100-150 calories every hour but feel free to eat more if you feel hunger pangs. Poor nutrition has been known to derail even the best laid marathon plans.

4 Don’t wear anything new on race day. Wear your most trusted shirt, shorts, underwear and pair of shoes. The average runner wears his marathon gear for about 8 hours total. You’ll wear them dry and you’ll wear them soaking wet. So make sure you’re wearing something that feels good and looks good on you!

5 A lot of people eat dinner on Saturday night and then don’t eat again until they cross the finish line. Mostly because of nerves. I strongly advise that you eat something (a piece of bread, half a sandwich, an apple or banana or crackers) 2 hours before the gun start. You have a run to focus on. Hunger at 3am will only distract you from your goal.

6 Stay off of your feet while waiting for the marathon to start. You’ll already be making huge demands on your feet to carry you through 42.195 KMS starting at midnight. You don’t want to make them do a lot of extra work before then. So if you get to the venue early, then find a place where you can sit, stretch your legs and relax. And think about how good that medal will look around your neck in a few hours.
As you maybe have noticed when a top runner leaves their home country (say Kenya) and flies to the US for the NYC Marathon, they will arrive at least a week or so ahead of the race to allow their bodies to adjust to the new time zone. After all, a 5, 6, 7 hours or more time difference can truly “throw off” the body’s natural circadian rhythms that play a major factor in bodily processes and peak energy levels.

To make sure each of you is optimally ready for race day, we need to take a page from the world class runner’s playbook. And that means adjusting your body for the time differences. Why is this you ask?

For heat purposes, the START of the race is 12 midnight. For I would assume 99% of our runners, this represents a shift 5 or 6 hours from “normal” morning running time. This is hence equivalent to any of us getting on a plane and running the Athens, Greece Marathon! Whilst the race may be in Filinvest City, with the time of the start, it is equal to your body to traveling to Europe for a race!

I strongly believe shifting the starting time is right to do. And we will get the body adjusted, no issue. We just need to work a plan in the final 7 days.

WHAT DO WE NEED TO SPECIFICALLY ADAPT WITH OUR BODIES?

To deliver a peak race day, we shall need to make sure we are “up” in terms of waking so that we can begin a marathon at 12 midnight and our bodies are ready for it. This means specifically for us:

- Waking time, and all kinds of various hormone levels (melatonin, Estrogen, Testosterone levels)
- Bodily functions, specifically digestive and when your bowels move (this is a very important subject nobody ever wants to talk about but most runners worry about—being “cleaned out” before the race so you don’t have to make frequent CR visits!)
- Food intake.

WHAT DO WE NEED TO DO?

We shall try to get you into a GRADUAL acclimatization without disrupting your life too much. But please be forewarned to do this right it will maybe mean a couple of days of irritation. Sorry!

1. Starting Monday, the week before the race, I would like you to advance your wake up time by 1 hour. So if you normally wake at 7 am, I want you to push it to 6 am. Also advance as a result all meals by the same 1 hour. So if dinner is normally at 6 pm, move it to 5 pm. And that night, plan to be in bed 1 hour earlier than normal. Everything advances by 1 hour.
2. Tuesday I would like you to execute the SAME thing. Advance everything another hour.
3. Wednesday and Thursday, SAME THING. Advance 1 more hour. So far you should be doing OK with this.
4. Friday and Saturday are going to be the tougher days. We need to make the final transition into getting your body, and bowels, all on a 12 am cycle. So even if you want (or can) take Friday off work, DO IT. It is also good to rest up the day before the race anyways.
5. On Friday, please try to rise at 12 am. Eat breakfast and go about your day. This would be a final small jog, and if you can, please get out and be running if even only for 15 or 20
minutes, nice and slow, at no later than 5 am. Assuming it is safe in your neighborhood to run that early. This would be your final run, just a small tune up for 20 minutes max.

6. On Saturday, we need to make full transition. Please get to bed no later than 6 pm the night before (I assume you will be tired anyways). Rise by 12 am latest, take a light breakfast and light up the house. Go about your day, but RELAX. Try to make it to late afternoon before you fall back asleep.

7. Saturday night is sleep before the race. You will need to be up to eat around 10pm a light meal before the race, and be at the staging area no later than 11:30 pm.

DISCUSSION POINTS:

A. Do I really need to do this? Well anyone can argue “no” and they can be right. It is possible of course to go about your life, and just “gut it out” by rising 6 to 7 hours earlier than normal, on no sleep, and run a marathon. But if you do this, there is little doubt that physiologically it will be tough on the body. This is equal to a shift to EUROPE for a race on your body. Your sleep patterns, energy patterns, eating and bowels will be all “off”. And it will affect you. This is fact. It may not stop you from running OK or finishing, but it will hit you. At the end of the day, it is a personal choice. But Jaymie and I have an obligation to give you all the facts, and let you decide. If this was me, knowing what I know, and having run many marathons in different time zones, I would do this. Nothing worse than standing at a start line half dead and then have to stop in 3 kilometers because my bowels are all off. But again we are there to help you, and you make the final decision.

B. Bowels. This always makes me laugh, because it is one of the MOST WORRISEOME topics in racing and nobody ever wants to talk about it. What’s the issue folks? We all know that we all need to poop! So let’s talk about it! As running long distances shortens what is called “intestinal transit time” meaning the time a stool moves through the intestines, it is not uncommon to have to make a CR stop in a marathon. And we will have CR’s on the course for you. My advice is the following on “potty breaks”.

- Try to train your bowels for the timing of the race. A bowel movement early morning is quite normal as the body wakes up. As long as you shift the internal clock as per above, and shift your meals accordingly, you should be ok and able to evacuate prior to the race.
- DO NOT take any kind of medicines to “stop you up”. It can do more harm than good and make you feel very sick and bloated. And affect your hydration levels. Don’t do it.
- Also some people, to be sure, will also do an enema before the marathon. DON’T DO IT. This can also cause dehydration and even loose stools during the race.

C. For Ladies Only. A common question is how to handle a marathon if the date happens to fall on during the menstrual cycle. You might be wondering why Jim, a man, is answering this. The answer is, because we know it is a common question yet again, nobody seems to want to talk about it. I worked on feminine protection products for 20 years and I have coached several thousand women so this is not the first time talking about this. So here is all I can offer up, but again it is clearly a personal choice. The overwhelming product of choice is a tampon for security and comfort. Of all the people I have coached, the consensus BY FAR is tampons are the best way to run whilst on your period. Now, recognizing many people for many reasons don’t use or want to use a tampon, the fallback seems to be the use of a high quality pantiliner vs. a full pad. The issue is, a larger pad can be a source of irritation over 42 kilometers. But again, it’s a personal choice and this is only advice to be helpful.

OK, that’s it. Good luck on race day!
TBR SUN LIFE DREAM MARATHON is a family-affair. We encourage family and friends to provide support and cheer for our runners on this momentous occasion.

**CHEER EQUIPMENT**
Bring banners, whistles, bells, and other cheer equipment you’ll need to support your runner. Make noise!

**FOOD**
Race organizers will provide food and hydration for participants. Family and friends are advised to bring their own food / hydration requirements.

**ATTIRE**
Come in light, comfortable clothing. Apply sunblock. Bring shades, umbrella, visor/cap, and of course, your camera.

**ARTS MATERIALS**
Art materials will be available for families and friends as early as 11 PM to create banners, posters, and flags for the runners at the GoWell Dream Village.

**COURSE**
Only runners, marshals, and official volunteers will be allowed on the course. Please refrain from entering the course to ensure the safety of all participants.
TBR DREAM TEAM
The Team Behind the Scenes

JAYMIE PIZARRO  Co-Founder
   Overall Race Organizer

JIM LAFFERTY  Co-Founder

NEVILLE MANAOIS  Race Director

LIT ONRUBIA  Principal Coach

KEN MENDOLA  Lead Coach

JUN CRUZ  Logistics and Operations
   Bull Sessions Logistics Manager

MACEL JANEIO  Bull Circle Logistics Manager
   Send Off Party Manager
   Administrative Manager

MIKE JANEIO  Bull Sessions Pacer Head

CHQUI DIJAMCO  Digital & Creatives Manager

KATHY SARMIENTO  Project Manager